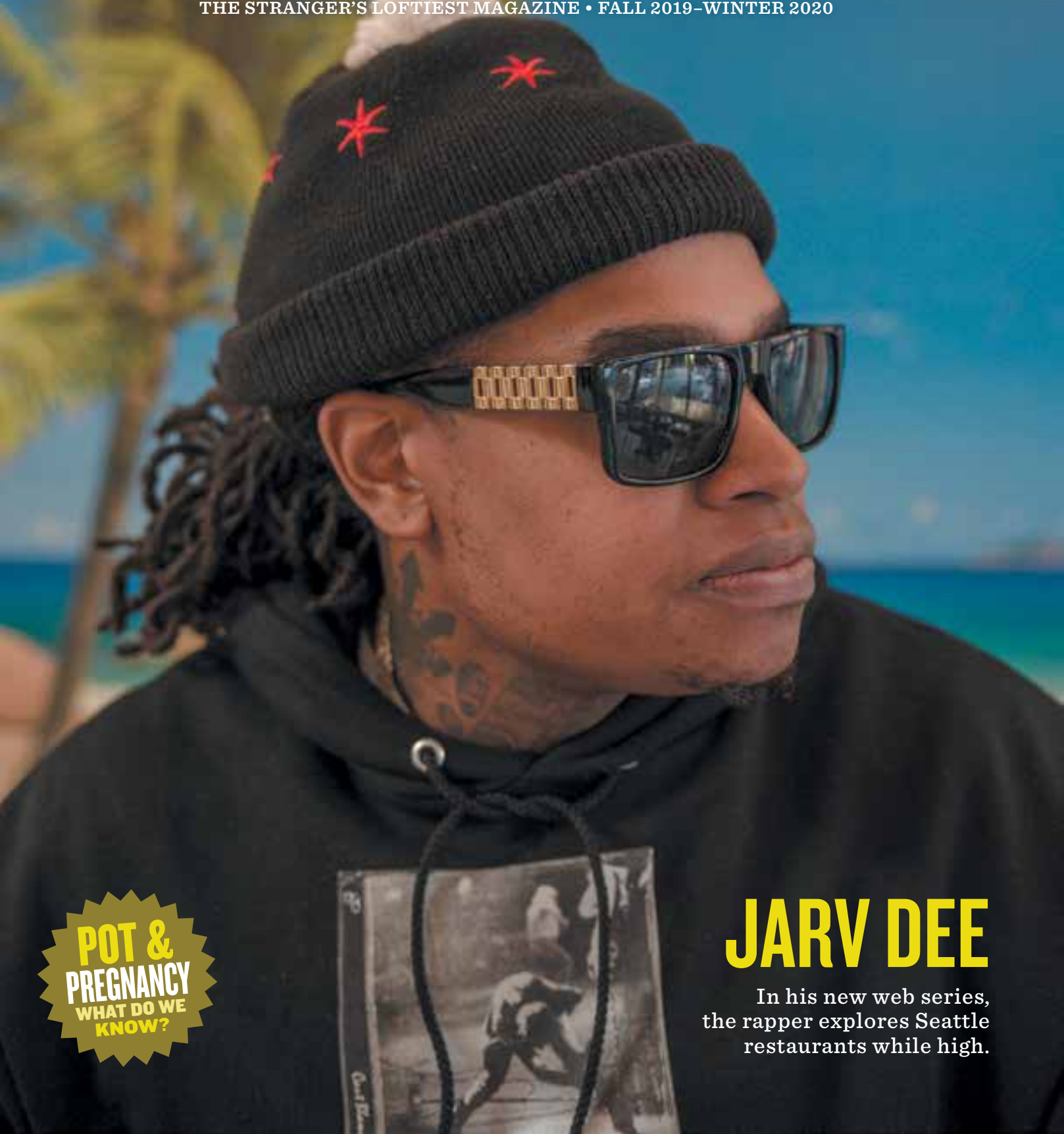


Green Guide

THE STRANGER'S LOFTIEST MAGAZINE • FALL 2019–WINTER 2020



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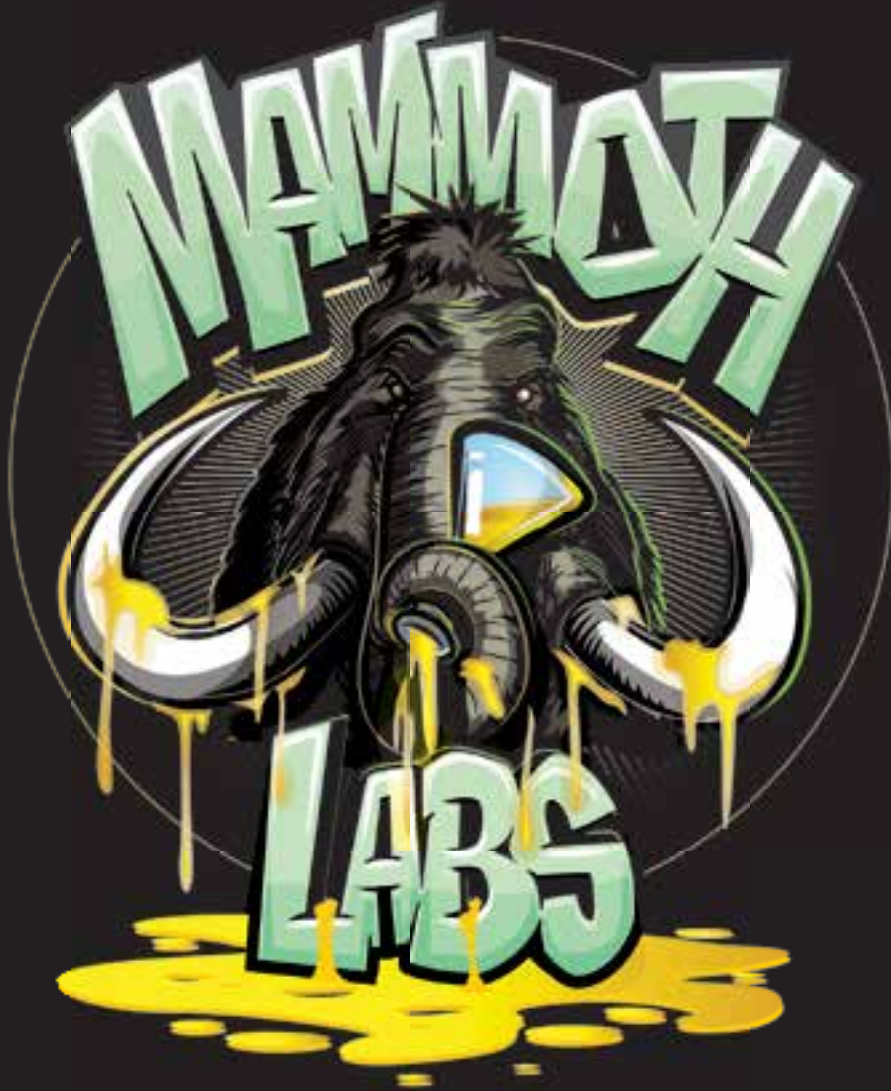
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In his web series, rapper Jarv Dee smokes weed, eats with local musicians, and explores Central and South Seattle restaurants.
By Jasmyne Keimig



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In light of recent headlines regarding the health risks associated with vape additives and cutting agents, Green2Go has chosen to participate in the OK Cannabis Program - the first randomized, end-product testing program for the Washington state cannabis industry.

The program was developed to address the problem of pesticides, heavy metals, and bacteria in cannabis in the simplest way possible: by checking the products people are actually consuming.

Testing began in September to check for Vitamin E Acetate in more than 50 brands of vape cartridges from the shelves of our stores. We are thrilled to announce upon the receipt of initial test results that all products which were randomly pulled have tested OK! Any products that are tested and don't meet the state's standards are immediately removed from store shelves, with refunds available for consumers who have already purchased them.

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IN WEED NEWS

What you missed if you've been stoned
for the last six months.

BY STRANGER STAFF



SEAN MAYFORD / GETTY IMAGES



WIN MCNAMERS / GETTY IMAGES

WHAT'S BIDEN SMOKING?

Six fucking months after Elizabeth Warren said that we should impeach President Donald Trump, Joe Biden finally decided, yeah, okay, I guess that sounds right, let's impeach Trump. What is this guy's problem? Why is he so slow? Who knows. But it's characteristic of his approach. For those keeping score at home, Biden *still* hasn't come out in favor of legalizing cannabis, even though it would be a major way to tackle systemic racism, unequal incarceration rates, and overpopulated prisons. Elizabeth Warren? She's for legalization. Back in April of 2019, right around the same time she was calling for Trump's impeachment, Warren clarified why she's in favor of legalization: "The best evidence suggests that African Americans and whites use marijuana at about the same rates, but African Americans are more likely to be arrested [than] whites are... if we talk about criminal justice reform, we need to start with the things we make illegal. One of the best places we could start is with the legalization of marijuana."

THE BAN ON FLAVORED VAPES

Washington was the first state in the nation to legalize cannabis, and it is now the second state to criminalize flavored vaping products.

After a rash of mysterious vape-related illnesses across the country, including at least seven in Washington, Governor Jay Inslee asked the state Board of Health to ban the sale of flavored vape products, including those with either THC or nicotine.

Despite much protest from the Washington vape and cannabis community, the Board of Health complied. The ban went into effect immediately and lasts until late winter, at which point the state will reconsider (and most likely extend it, either temporarily or permanently).

So does this mean your vape products are totally safe and you don't need to worry about mysterious lung illness? Actually, no. There's no evidence that it's the mango, bubble gum, cotton candy, or other flavorings added to (usually nicotine) vapes that are making people sick. It could just as easily be all of the other shit that isn't well regulated, including metals, pesticides, or other compounds like vitamin E acetate, which are found in THC vapes as well.

So what's the responsible consumer to do? Read the label. Cannabis producers are required to disclose all the ingredients in their products, so if there are any weird additives, they should be right there on the label. You want pure cannabis, nothing added.



60KEAN / GETTY IMAGES

CANNABIS TRACKING SYSTEM CRASHES

Washington State's notoriously flawed pot-tracking software fucked up once again, when, during routine maintenance, a glitch in the system caused the entire thing to crash, and producers and retailers were left with no means of tracking sales for days. This is just the latest in a long string of problems with the software, which, at one point, failed so epically that pot companies were forced to track their sales by hand.



DEER STONERS

Despite the statewide ban on home grows, a couple of Seattle area stoners decided to try growing their own weed this summer. They procured clones, invested in good soil, and then discovered that the local deer like weed as much as they do. Fortunately for the stoners, deer are actually pretty good at pruning, and their first harvest came in at just under a pound. Fortunately for the deer, they are total lightweights, and they should be stoned until March.



COURTESY OF SMOKE TRAP

SMOKING WITHOUT THE SMELL

There is now a product available called Smoke Trap (smoketrap.com) you can exhale into and it will filter your hit through a “dual-action HEPA and carbon filter” and eliminate the smell. According to one of our reporters who tried it, it’s about the size of a stick of deodorant, and it works. It’s perfect for people who have gone back to smoking after the vape scare, but still need to be discreet.

A PLAN FOR MORE MINORITY-OWNED POT SHOPS

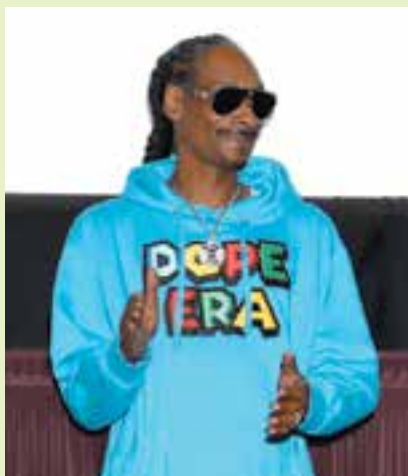
The Washington State Liquor and Cannabis Board (WSLCB) is asking state lawmakers to pass a law next year allowing it to issue new retail pot shop licenses to minority-owned and women-owned businesses. The proposed law would allow local governments to request additional retail licenses.

Retail licenses are severely limited, making them very valuable and highly coveted. And white people own a disproportionate share of those licenses. White people make up 68 percent of the state’s population but own 78 percent of pot shops, according to a 2018 WSLCB survey. The survey found that Asian people own 7 percent of shops, black people own 4 percent, and Hispanic people own 4 percent; all of those minority groups own a smaller percentage of retail licenses than their percentages of the statewide population.

If the plan makes it through the legislature, the Seattle City Council will get to decide next year whether minorities should get a chance to own more of the local pot industry. Jim Pugel, a city council candidate and former cop who was arresting pot dealers decades ago, said that white people suddenly profiting off something that millions of people of color have been incarcerated for doesn’t sit well with him. He supports the idea.

But the plan probably isn’t popular with Seattle’s existing pot shop owners, who already complain about too much competition.

What’s Mayor Jenny Durkan’s position? We have no idea, because she declined to respond to a request for comment.



ARNOLD TURNER / GETTY IMAGES

SNOOP DOGG SURPRISE

The rapper Snoop Dogg made a surprise appearance for a free concert in tiny Ontario, Oregon, on the Snake River, to help celebrate the opening of a dispensary. Authorities were caught off guard (a member of the extremely small local police force said, “If something happens, how are we going to help people?”) and traffic was “backed up all the way into Idaho,” according to local news. But everything was chill. Snoop performed, followed by fireworks. 🌿



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Five Farms You Should Know About

These small farms are growing really good stuff.

BY LESTER BLACK



SOULCRAFT ALLSTARS

Eagle Trees Farm grows a fantastic Royal Kush, a spicy and earthy strain with a touch of grape flavor.

Eagle Trees Farm

(DEMING, WA)

If you drive up the edge of the Nooksack River nearly to the Canadian border in late fall, you'll likely come across a stand of tall evergreen trees covered with hundreds of eagles preying on the spawning salmon below, and you'll have arrived at Eagle Trees Farm. This biodynamic cannabis farm has a

growing reputation in the weed market thanks to their flavorful top-quality buds. Kenny Ingebrigtsen, who owns the farm with his sister Jessica Straight, said their pot is a reflection of their farm's unique terroir.

"I'm really obsessed with having a natural expression of the plant in the place it was meant to be grown: in the soil and under the sun," Ingebrigtsen said. "Your property or your unique microclimate contributes flavor. Terroir is another layer to the cannabis experience."

Ingebrigtsen said the farm uses organic closed-loop practices, which means they are always recycling the farm's waste products back into their own compost and fertilizers while also growing companion food crops, raising beef, and keeping honeybees, and trying to make their farm as eco-friendly as possible. Try their Royal Kush, a spicy and earthy strain with a touch of grape flavor, or check out their Lavender Chunk Norris, a flowery strain perfect for a relaxing daytime smoke.

Lemonade

(TACOMA, WA)

Lemonade isn't the name of this farm—it is technically called Exotikz—but the label says Lemonade, and the lettering is in the shape of a lemon. This hyper-focused brand is the latest concept from Berner, a Bay Area rapper loosely associated with LA's Jungle Boys brand. He is largely credited with turning the weed strain Girl Scout Cookies into

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COURTESY OF CONSTELLATION CANNABIS

Constellation Cannabis's purple Wedding Crasher strain.

one of the most popular strains of all time. Washington is getting a taste of his latest project with a line of citrus-focused weed strains like Lemonchello, the Original Lemonade, and the Lime.

Louie Paez, who runs the Tacoma-based farm growing all of the brand's pot, said the idea came out after Berner and his crew developed a particularly potent lemon-flavored pot plant.

The Lemonade strains have citrus aromatics that almost seem unreal.

"The creative minds out of San Francisco found this Lemonade cut, and the flavor profile is just so unique to everything else out there," Paez said. "So every single strain in the Lemonade family is going to be a Lemonade cross. It's just that very, very unique terp profile."

These are the kinds of citrus strains that have mind-blowing aromatics that almost seem unreal. Lemonchello 10, a cross of

Cherry Pie and Original Lemonade, tastes like a rich, fruity lemon custard. The Lime, a cross of Cactus Cooler and the Lemonade, tastes like Sprite in pot form.

Constellation Cannabis (ARLINGTON, WA)

Solventless hash is often considered by cannabis connoisseurs to be the highest quality of all pot concentrates. You must start with extremely high-quality flower and then use a careful artisanal process to separate the flower from the crystal-like trichome heads—without the help of solvents like butane. Stoners go crazy for solventless hash, and the largest solventless hash lab on the West Coast might be at Constellation Cannabis in Arlington.

"The solventless hash lab itself is 2,000 square feet. We are 100 percent confident that it's the largest in Washington, and we think it's the largest on the West Coast," Constel-



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COURTESY OF SECRET GARDENS

Crouching Tiger Hidden Alien from Secret Gardens.

lation co-owner Jeff Hubbard said.

Most solventless hash makers purchase their pot from other pot growers, but not Hubbard and his wife, Bailey. They grow all of their flower themselves—and their flower is getting as much attention as their award-winning hash.

Constellation's unusual GMO strain has the flavor of garlic, mushroom, and onion.

They recently released a batch of Watermelon Zkittlez that burst with fruity aromatics; their beautiful purple Wedding Crasher buds are grape-focused with a chilled out relaxing effect; and their unusual GMO, like its initialism indicates, has the flavor of garlic, mushroom, and onion. "Some people love it, and some people think it's weird. Every time it comes to market, it sells out very quickly," Bailey Hubbard said.

Constellation recently started packaging their solventless hash in vape cartridges, meaning you can get cartridges free of any weird solvents or additives. If you're worried about your health amid this vape scare, some solventless vaping might be just what the doctor ordered.

Secret Gardens (BREMERTON, WA)

When Secret Gardens first started growing pot in Bremerton nearly five years ago, there was no particular reason why the owners called themselves "secret." There was nothing especially private or confidential about the farm. But five years in, and the farm is starting to grow into its name: This boutique brand is producing some of the best pot in the state, and hardly anyone knows about them.

Mention Secret Gardens to the next budtender you see, and their eyes will likely light up thanks to

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the wide array of frosty nugs this farm sells, frequently with potencies nearing 30 percent THC. They grow a great Girl Scout Cookies (because what modern farm doesn't?); their Platinum Alien OG is sweet, spicy, and euphoric; their Sour Diesel is tangy and classic; and their Wedding Cake is gassy, sweet, and super sleepy.

It seems like this garden always has another strain up its sleeve, but Steven Mastronardi, Secret Gardens' head grower, said they have even more they are waiting to show to the public. "We have so many strains, we have to rotate them," Mastronardi said. "We want to grow them all, but we don't have enough space."

High Five Farms

(PROSSER, WA)

High Five Farms had two reasons to locate their outdoor pot farm in Prosser, at the lower end of the Yakima Valley: long days of sunshine and a consistent supply of water.

"The Yakima Valley is hot and dry," said Jason Zucker, High Five Farms' head grower. "It is the most heavily irrigated valley in the United States. Lots of sun, lots of water, and no rain is ideal for cannabis cultivation."

Yakima Valley's rivers are full thanks to Mount Rainier's glaciers



SEAN SULLIVAN

Jason Zucker, head grower at High Five, says the Yakima Valley is ideal for cannabis cultivation.

and the forests that border the west side. This area is already the most important hops-growing region in North America, a crop that is closely related to pot. So it makes

sense that High Five Farms is able to grow such dank weed.

Their 9 Pound Hammer is heavy and sedating; their Ghost Train Haze is sour, floral, and potent; and

their Blue Sugar Cookies, a cross of Girl Scout Cookies and Blueberry, is sweet and fruity but also crushingly strong. Watch out for that Yakima Valley dankness. 🌿

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Pot and Pregnancy

What do we know?

BY KATIE HERZOG

Illustration by Ashley Belfsky

For some women, pregnancy is a time of rebirth. They love every second of it, from the moment of conception to the delightfully easy and drug-free labor 38 weeks later when the baby just slips out. They feel powerful, strong, at one with their bodies, and attuned to the miracle of life all around them.

Not Suzie. Thirty-seven years old when she got pregnant, Suzie spent most of her mornings dry-heaving for an hour or so. Nothing came up, probably because she wasn't able to eat. She was nauseated and swollen, and even a sip of water would cause heartburn so intense that it felt like a small campfire had been lit in her esophagus and chest. It was terrible.

So Suzie did what always worked for her when she was feeling sick or couldn't eat: She smoked pot.

"Smoking weed helped every-

thing," she told me. "I didn't want to get high, I just wanted to be able to eat and not feel like shit."

In her case, cannabis helped. Of course, pot and pregnancy aren't exactly doctor recommended.

"A lot of people think that alternative medicine and plants are not harmful, but there are a lot of plants

From 2009 to 2017 in Northern California, pot use during pregnancy grew from 1.9% to 3.4%.

that can cause birth defects," says Dr. Kristina Adams Waldorf, a professor of obstetrics and gynecology at the University of Washington School of Medicine. "We know

THC crosses the placenta and stays in breast milk for up to six days. If you wouldn't give marijuana to your newborn baby, you shouldn't use it when you are pregnant or breastfeeding."

She's got a point—it's hard to imagine anyone sharing weed with a newborn. But that doesn't mean plenty of pregnant women aren't using it. Researchers with Kaiser Permanente Northern California surveyed around 275,000 pregnant women in that region, and they found that from 2009 to 2017, pot use during pregnancy grew from 1.9 percent to 3.4 percent. (Of course, this study was specific to Northern California, home of the Emerald Triangle, which is one of the weediest places on earth, so we should probably take it with a grain of THC-infused salt before extrapolating much about the rest of the world.)



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Dr. Adams Waldorf told me she suspects some cannabis dispensaries actually market to pregnant women. In my (ample) experience in Seattle's pot shops, I've never seen anything remotely like an ad for weed as a morning-sickness remedy—and, legally, pot producers are not allowed to make health claims about their products—but when I called three random pot shops in the Seattle area and asked what they would recommend for morning sickness, the budtenders all readily gave me suggestions.

One deeply male voice said that strains with a high CBD to THC ratio “are usually helpful” for him. One woman recommended the Girl Scout Cookies strain and said, “Congrats. Sucks, don't it?”

Suzie did tell her doctor about her cannabis use. She downplayed the amount she smoked from every day to a few times a week, but she says her doctor didn't shame her as much as she'd expected. Still, there can be a deep stigma when it comes to pot use and pregnancy, which can keep women from disclosing their use to their physicians. This is one of the challenges of studying pot and pregnancy: Self-reporting is notoriously inexact.

There are other challenges, too, which means the long-term effects of pot use during pregnancy are virtually unknown. Thanks to the federal ban on cannabis, it's always been difficult for researchers to study pot and its effects.

Plus, US Food and Drug Administration approval of drugs can take decades—even if people have been using those drugs on their own for eons—and requires extensive testing on animal subjects before human subjects are brought in. Add pregnancy into the mix, and we might be gestating fetuses under heat lamps and ordering them from Amazon before pot is studied for its use in treating morning sickness.

pot while pregnant is the “most dangerous trend” in the cannabis industry or that “researchers find mom's marijuana use to impair baby's memory.” The researchers in this particular case were administering THC to rats, not humans, but everyone reads beyond the headlines, right?

There have been a few more useful studies as of late. A comprehensive review of studies on the health effects of cannabis, which was con-

ducted by a committee of experts from the National Academies of Sciences, Engineering, and Medicine, found there was no correlation between cannabis use and stillbirth or miscarriage. (Some studies have found an association between smoking weed and fetal death, but researchers were not able to conclude that it was smoking cannabis alone and not, say, tobacco, that was the problem.)

Another study, this one published in the *Journal of the American Medical Association* earlier this year, came to similar conclusions. This study is particularly instructive because of its size: It included basically all women who gave birth in Ontario from 2012 to 2017, or around 600,000 subjects. The data was self-reported, which is certainly a limitation, but the study was so big that researchers were able to isolate women who used cannabis alone from those who used cannabis plus tobacco, alcohol, and other drugs, and they also found lowered birth weights.

Suzie's baby, however, came in at a healthy eight pounds, and, two years later, is doing just fine. Suzie says she is curious, positive, and seems to have a high level of emotional intelligence. “I don't want to be one of those parents who is like, ‘My child is so smart,’” Suzie says, “but my child really does seem smart.”

She has, at this point, no plans to get pregnant in the future, but if it happens, she says she'll probably smoke pot again. “It's nine months of pure hell,” she says. “I was just trying to survive it.” 🌿

There was an association between cannabis use and lower birth weight.

Where there are studies on the effects of pot, many have significant limitations. Researchers can't exactly give pregnant women weed and see what happens, so instead they find subjects who are already smoking weed and compare them to subjects who aren't. The problem with this method is that so many pregnant women who smoke weed also use tobacco, alcohol, and other substances, so that when researchers select for just the cannabis users, they often don't have a big enough sample size to make any real conclusions.

Despite the lack of long-term studies on the effect of cannabis on human babies, anyone googling pot and pregnancy will find plenty of information. From headlines alone, you can learn that smoking

ductured by a committee of experts from the National Academies of Sciences, Engineering, and Medicine, found there was no correlation between cannabis use and stillbirth or miscarriage. (Some studies have found an association between smoking weed and fetal death, but researchers were not able to conclude that it was smoking cannabis alone and not, say, tobacco, that was the problem.)

The same review found no association between marijuana use and fetal distress, head circumference, or birth length, but it did find that there was an association between cannabis use and lower birth weight. It wasn't a major difference: Babies with moms who used pot at least once a week were an average of 84 grams smaller than





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Got
gout?

I've got
something
for that...



The End of Pain

I finally found what works best for my gout:
CBD cream.

BY CHARLES MUDEDE

Illustration by Rachelle Abellar

Over the past six months, I have conducted an important experiment that could change the lives of many people who suffer from the same thing I suffer from: episodes of gout.

Until about 100 years ago, the disease, which is associated with the overconsumption of rich foods and booze, mainly afflicted the members of the upper classes. But with the generalization of the good life in advanced capitalist societies, it descended to the middle and lower orders.

Though gout, which can be terribly painful, affects six million Americans, one of whom is me, there is no sure cure. And the reason for this (I suspect) is not found within the state of science itself (if given the chance, medical researchers could eradicate it without much difficulty), but because of the moral attitude

toward the disease.

The opinion that many doctors share with the average Joe or Jane is that gout is the price one pays for eating things that are too delicious, or drinking wines that are devilishly bold and aromatic. Cut these things from your diet, and the gates of a gout-free heaven will surely open. This is the general attitude.

So what are we supposed to do? Live like monks? Eat roots or watercress instead of buttery goose eggs and fried oysters? I think not. Gout sufferers of America, and indeed the world, I have found the solution. I now know how we can chow like kings and keep the gout in check. It is with creams or balms that contain CBD (aka cannabidiol, the medicinal, nonpsychoactive compound in cannabis).

I have written before about using CBD joints to deal with the disease. And to some extent, they are successful.

But I found two problems with smoking CBD: One, you need to smoke a lot for it to be effective. And two, smoking a lot is very disorienting. Your mind is clear but your body is a buzzing mess. It's kind of like lucid dreaming. Plus it smells.

Also, CBD joints or CBD pills are effective only during the early stages of a gout attack. Miss that opportunity, and all they do (in my experience) is reduce the pain as the attack runs its one- or two-week course. Because a gout attack happens very suddenly, and goes from not-too-bad to the kind of pain that Satan inflicts on those who failed to follow the word of the Lord, what a sufferer really wants is a drug that can end the episode no matter what stage it is at.

Before I discovered CBD creams and balms, also called topicals, the only drug that could do that for me was steroids. But steroids are horrible. They make you

WHAT ARE **YOU** SMOKING?

Hydrogen Cyanide



Colorless gas; faint bitter almond odor. Poison. Irritating to respiratory tract. Also causes: headache, weakness, confusion, rapid/difficult breathing, convulsions, coma, death. Chronic: enlarged thyroid, fatigue, nervous irritability, colic. Flammable.

Acetone



Colorless, highly volatile liquid; sweet odor. Irritating. Also causes muscle weakness, mental confusion, coma (high concentrations). Irritation of irritative, kidney and liver damage, metabolic changes, coma. Chronic: dermatitis. Highly flammable.

Chloroform



Colorless, volatile liquid; ethereal odor. Irritating to eyes/skin/respiratory tract. Toxic. May cause dizziness. Liver/kidney damage. Chronic: CNS effects. Possible cancer hazard. May cause birth defects based on animal data.

Carbonhexane



Colorless, volatile liquid; chloroform-like odor. Irritating to eyes/skin/respiratory tract. Also causes: headache, fatigue, dizziness, shivering, rapid breathing, cough, CNS depression. Chronic: dermatitis. May contain benzene, a cancer hazard. Flammable.

Ethanol



Faint, characteristic liquid with a strong odor. Irritating to the eyes/skin/respiratory tract. Also causes: irritation of high concentrations can cause headache, dizziness, nausea, and sleep. Chronic: dermatitis, liver confusion via ingestion. Flammable.

Isopropyl Alcohol



Colorless liquid; slight odor. Irritating to the eyes/skin/respiratory tract. Eye exposure may cause corneal burns. May cause dizziness, drowsiness, and incoordination. Chronic: dermatitis. Refractive.

Lead



Bluish-white, silvery or gray metal. Cumulative poison. Repeated low exposure causes severe neurological effects, blood/kidney damage, possible cancer hazard. Reproductive damage (sterility, increased fertility) and developmental damage to fetus.

Methanol



Colorless, volatile liquid; slight alcohol odor. Irritating to eyes/skin/respiratory tract. Toxic. Also causes: headache, nausea, convulsions, kidney damage, visual disturbances including blindness. Chronic: visual impairment. Flammable.

Xylene



Clear, sweet smelling liquid. Irritating to the eyes/skin/respiratory tract. Also causes: dizziness, nausea, and drowsiness. Chronic: dermatitis, kidney/liver/pulmonary damage. May cause birth defects based on animal data. Flammable.

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want to hit people and they turn off your immune system (gout comes down to the body's self-defense system firing its weapons on the crystals in your joints that were formed because of an excessive amount of uric acid in your system).

Lazarus Naturals conquers any kind of gout episode. It is truly the real deal.

How do these CBD creams and balms work? You apply them directly on the point of pain, and that's it. You feel a gout flare, you rub the CBD cream on the flare, and you go on with your life. I'm serious. It works if you use the right cream or balm. Here are the ones I found to be very effective.

Lazarus Naturals, Full Spectrum CBD Balm, 1,200 mg (\$50 at lazarusnaturals.com)

In the six months I have used this balm—which has 1,200 milligrams of CBD for a two-ounce container—I have not experienced a gout episode it could not conquer, no matter how advanced or severe. It is truly the real deal.

Upon applying the balm on a throbbing area on your foot (gout loves the foot more than any other part of the body), the effect is felt almost immediately. The pain beats a hasty retreat. You are on the winning side of this war. And if one adds a standard dose of a nonsteroidal anti-inflammatory drug (like ibuprofen or naproxen), the battle is over in a matter of minutes. This is the great thing about the CBD approach. It cuts your consumption of those other more unhealthy and synthetic substances (I do not want to know what's in naproxen).

I have suffered from gout for nearly a quarter century, and during much of this time, I found it gravely imprudent not to have ibuprofen

pills near me at all times. But when I started using this balm, I found weeks, and even months, where I didn't consume a single ibuprofen pill. The success beat all expectations because of the potency of the balm (1,200 mg!). Obviously, the more CBD the better.

Tuscara, Deep Relief, 300 mg (\$45 at tuscara.co)

Deep Relief, a cream made by a company in Bellevue, is very effective against the early stages of gout. It has the texture of a royal lotion—not too thick and not too liquidy. The cream also claims to cure a bunch of things that are not my problem: fungus, scrapes, dermatitis, eczema, and psoriasis. Aesthetically, I prefer Deep Relief to Lazarus's balm—the packaging is better; the cream is more princely—but 300 milligrams for 1.7 ounces is not enough potency to deal with advanced-stage gout. For that you need Lazarus's 1,200 milligrams.

Fairwinds, Flow CBD Deep Tissue & Joint Cream, 250 mg (\$40 at your neighborhood pot shop)

By far the best-smelling and solidly effective topical for gout will be found in a jar of Fairwinds Flow. But unlike the above two creams, it has more than CBD in the mix. Its ingredients include, for a 1.1 ounce jar, 250 milligrams of CBD, 100 milligrams of THCA (tetrahydrocannabinolic acid), and 25 milligrams of THC (tetrahydrocannabinol). I'm not sure how these other more intoxicating substances contribute to the relief from gout pain, but the product works—again, for the earliest stages of gout. Also, I love putting the cream in my hair, as it makes it smell like a young, forest-beautiful, and breezy wild thing.

But in general, the rule for CBD creams and balms is simple for a gout sufferer: the more potent the better. 🌿



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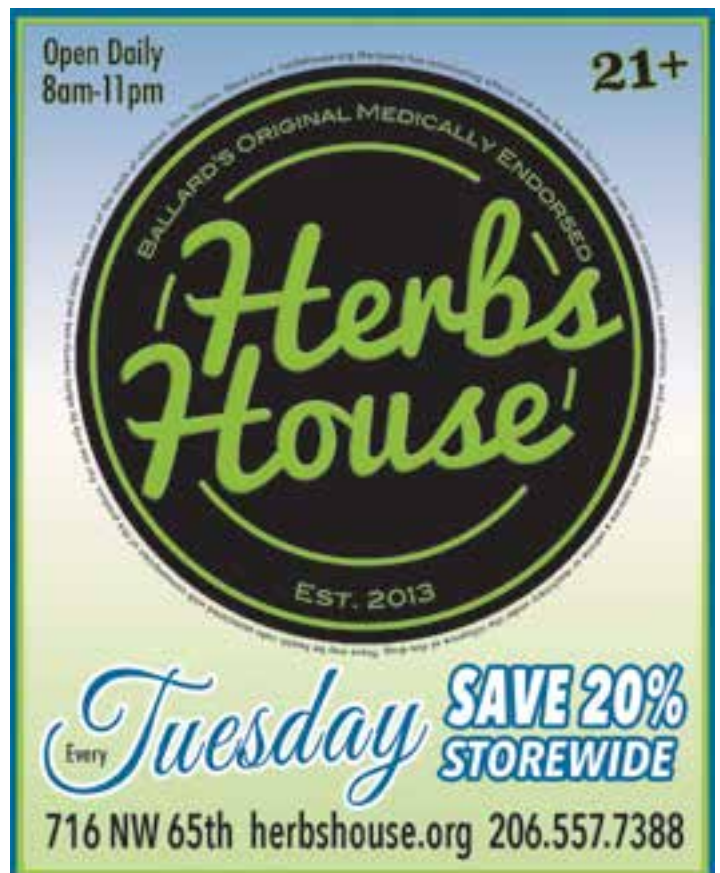
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How to Clean Your Nasty-Ass Bong

Or pipe. Or bubbler.

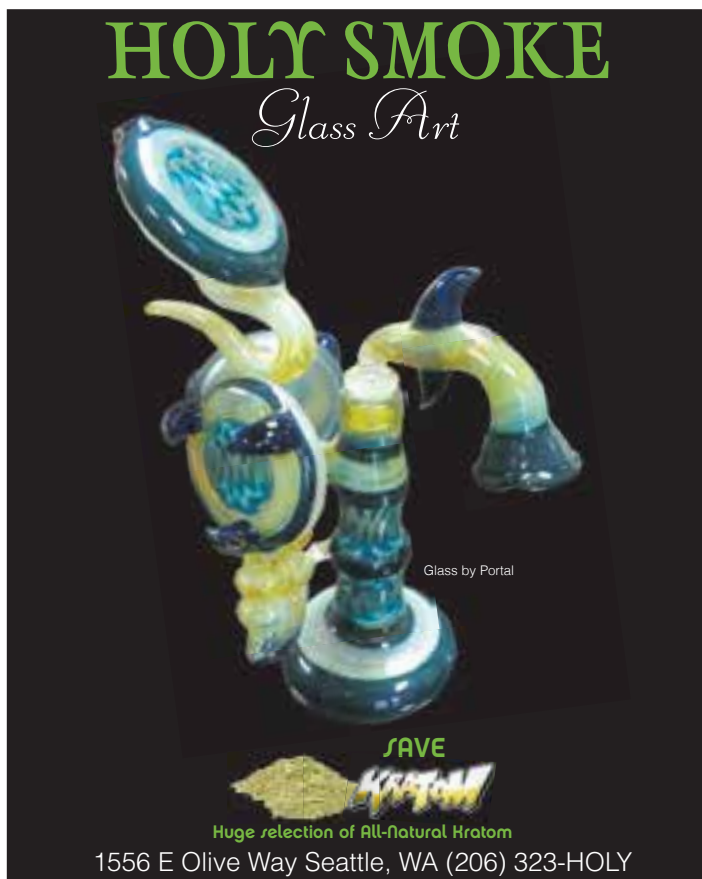
BY KATIE HERZOG

Illustrations by Anthony Keo



Welcome to class. There are three basic ways to clean your nasty-ass glass pieces, and today we're going to go over all of them.

But first, you may be wondering: Why would I ever need to clean my nasty-ass glass pieces? Well, Mr. Bezos, not everyone can afford to buy a new Chihuly every time their bong, bubbler, or pipe clouds up. Your nasty-ass glass pieces look like lung cancer and smell like old plant water. Cleaning them won't just make your weed taste better, it will actually make your pieces smoke better, too. No wisp of THC can get through a clogged up glass piece, so this chore, unlike taxes, is not optional. Now, let's get started.



Method 1: Boil it

In the days before the internet, we had to get all our weed tips from some guy named Rodney who sold dime bags (look those up) out of his locker. Rodney told me to boil my glass pipe to clean it, which is how I ruined my mom's good spaghetti pot in 1995.

Boiling your glass pieces in water

does work, but all the resin that gets released is sticky as fuck and will destroy whatever vessel you're doing the boiling in. If you decide to go this route, I recommend picking up an old pot down at Goodwill and designating it for nasty-ass glass pieces only. Make sure it's not the same one you use to clean your sex toys.

.....

Method 2: Buy cleaning products



There are plenty of products on the market for cleaning glass pieces. Here's what you do: Get some cash, decide you don't want to use it for buying cleaning products, go down to the pot shop and use the cash to buy a few grams of dank flower instead. (And don't forget to tip.) Retail cleaning products can work, but they're also more expensive and less effective than using a few household goods, which brings us to...



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Method 3: Make a cocktail

This cocktail is probably not one you're going to want to drink (at least without a chaser), but it does include alcohol and a brine.

Skip the tequila aisle this time and go right to the pharmacy. You're looking for rubbing alcohol, and there are a few basic types to choose from. For this, you want the strong shit. Look for bottles that say "99 percent," and then get some zip-lock plastic bags and some coarse salt (Epsom or kosher will do). And maybe some candy for later.

Now, once you have your ingredients, mix the salt with the rubbing alcohol in the ziplock bag. How much? Depends on the size

of your pipe/bong/bubbler, but use enough liquid fill the bag partway and throw in a tablespoon (or teaspoon, whatever) of salt. This isn't baking—just eyeball it.

Put your thing in and shake. The liquid will soon start to resemble sewer water, and your piece will come out the other side looking almost brand-new. This method can be used to clean your stem and your bowl as well. And it also works great on the inside of bongs—just dump the salt and alcohol in and shake.

Of all these options, I recommend the third method, which is easy and cheap, and will leave your glass pieces cleaner than a nun after confession. Class dismissed! 🌿

jupiter

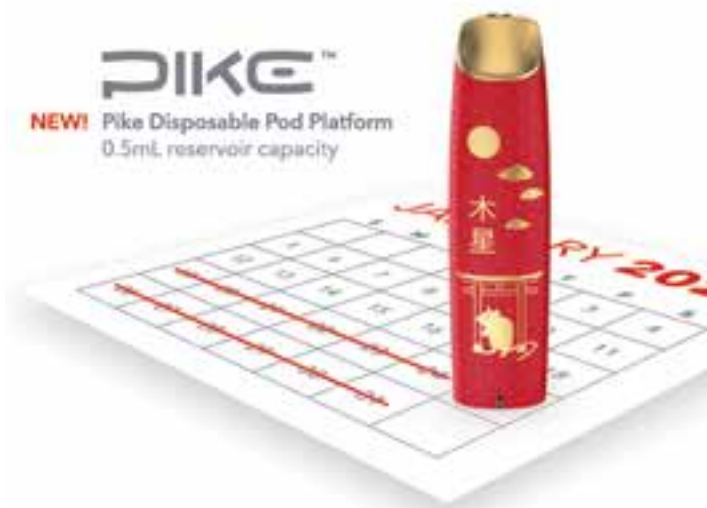
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Legalize This Appetizer

James Beard Award–winning chefs in Seattle are quietly cooking with cannabis. Inside an illegal supper club.

STORY AND PHOTOS BY LESTER BLACK

I first noticed it when I bit into that crispy anchovy. The tiny fried fish was surrounded by soft scrambled eggs and a vinegary fresh tomato. The contrasting textures and flavors gave a radiating brilliance to each ingredient. And as I ate, I realized I was most definitely feeling it. A familiar warm body feeling and relaxed mood was setting in.

I was getting high. And this haute cuisine was doing it to me.

I was eating inside an iconic restaurant in Seattle's International District for the first pot-infused meal of a new supper club. State law and the county health code make this kind of event completely illegal—you can never legally consume pot in public, even if it is infused into food—but the five local chefs behind this event decided they were tired of waiting for the law to catch up with common sense.

These chefs cook at some of Seattle's most celebrated restaurants. They spend their time working for the places that put Seattle on the national culinary map. They win James Beard Awards. *New York Times* food critics eat at their restaurants. But on this night, they were making a clandestine



Mussels with charred scallions, salmon roe, avocado, and cucumber.

cannabis-infused dinner.

This was only the second pot-infused dinner I'd ever attended. My first experience was mediocre. It was a private dinner put on by a local pot retailer at a downtown Seattle luxury tower. We had cannabis-infused cocktails and the

food was dipped in pot oil, but the event was more about hobnobbing than food.

At the first dinner, I was seated next to state senator Cindy Ryu (she opted for the non-infused menu), and there was a brief appearance by King County executive Dow Constantine (he did



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not appear high). Their presence reminded me how ridiculous it is that dinners like this are illegal—our own elected representatives clearly didn't think adults eating infused food posed any danger to society. Before long, I was standing on a balcony smoking a joint with an Eastern Washington cannabis farmer, which obscured any

A yerba mate mocktail was infused with terpene water.

effects the food may have had on me.

The clandestine supper club in the International District was far different.

The food was sublime, and so was the effect. The high was a slowly building sensation that felt entirely new. I didn't have the feeling of eating a 10 milligram edible (basically nothing) or downing a 100 milligram soda (getting entirely stoned). Instead, bite by bite, course by course, the chefs got me slowly and delightfully stoned. By the end of the meal, when I walked out of the restaurant into the late summer light, shining on Elliott Bay and casting horizontal shadows across Jackson Street, I felt a beaming and radiant high.

It was the cannabinoids making me high, but the inspired food was definitely not getting in the way. One of the chefs behind the dinner, all of whom asked to remain anonymous because of the current laws surrounding weed dinners, is Filipino, and that influence was felt throughout the meal. Those anchovies were referred to by their Filipino name, dilis, and the main course included green coconut curry and a pork-belly adobo that my dinner partner said was so lusciously tender that she "forgot what she was eating" mid-bite.

The second course was a plate

of mussels, charred scallions, salmon roe, avocado, and cucumber—and it was the most delicious thing I have eaten this year. The mussels were like butter, the cucumbers and avocado were an expression of freshness, the roe popped open with briny vibrance, and the charred scallions were burned like the skin of barbecued chicken. As I was eating the dish, I was reminded of the feeling of sitting next to a bonfire on a sunny and windy beach. And I wasn't even high at that point in the dinner.

I pulled one of the chefs aside after the dinner, and she told me the meal was meant to explore how pot can be an ingredient—one component of a meal, just like flour or a tomato.

"Cannabis is an ingredient," she told me. "That's what this entire thing is all about. We're exploring how cannabis can be used as an ingredient, not just as recreation or medication."

The chefs infused their food with strain-specific cannabis oil created by a celebrated local pot processor. The menu showed guests which strains were infused into each course: a Tangie strain in the adobo, a Blueberry strain in the fruit salad dessert.

The meal started with a yerba mate mocktail that was infused with something even the headiest of stoners have probably never heard of: terpene water. It is the byproduct of concentrating cannabis down to an oil. That nug of pot in your hand is composed of about 5 percent water, and careful processors like the one that supplied the oil for this dinner are able to save it. These chefs used the water to make this yerba mate drink taste like lychee.

The level of ingenuity involved in that terpene-water-infused mocktail was incredible. That kind of thing deserves to be in a Michelin Guide. But since these dishes have pot in them, they put

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For the Active Stoner

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EverOut

— WEED —

Like Anthony Bourdain...

but Stoned

In his web series, rapper Jarv Dee smokes weed, eats with local musicians, and explores Central and South Seattle restaurants.

BY JASMYNE KEIMIG

PHOTO BY RAPHAEL GAULTIER

It's a little chilly outside the warmth of Hood Famous Cafe + Bar in the Chinatown-International District. The film crew of the local web series *B*tch I'm Hungry* is milling around in front of the cafe under the velvety blue-purple sky, waiting for the host, Seattle rapper Jarv Dee, to arrive.

The crew decides to duck back inside. Jarv trots in a few minutes later, decked out in a black, red, and white





ANNA ROBINSON

Nike tracksuit and a Herschel fanny pack, his long dreadlocks pulled back into a ponytail underneath a beanie. He smells a little bit like weed.

"Today I'm trying something new," the rapper declares, pulling a jar of bud from his pocket and setting it down on the table. "It's a

hybrid." As Jarv states at the beginning of each episode, he typically prefers sativas—"because I don't like to sleep."

The guest of tonight's episode is Prometheus Brown of Blue Scholars, aka Geo Quibuyen, who co-owns the Filipino bakery, cafe, and bar with his wife, Chera Amlag.

After greeting the crew and staff inside the cafe, Jarv and his videographer, Coi Tran, head outside to a street corner to film the intro segment. Jarv produces a blunt of the aforementioned hybrid: Lemonchello 28, Lemonade's cross between Cherry Pie and the Original Lemonade. It's not super

funky and it hits clean, the smell of citrus all up in your nose.

Tran hits "record," and Jarv immediately launches into a quick and charming monologue, introducing the show, shouting-out his weed sponsor Clutch Cannabis, and emphasizing again the strangeness of him smoking a non-sativa

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ANNA ROBINSON

strain. “We’re gonna hit this hybrid and hope I don’t fall asleep during this episode,” he laughs, then hits, the smoke furling out of his nose and mouth. “Let’s get baked and hit the bakeshop.”

*B*tch I’m Hungry*, a monthly web series started in February of this year, follows Jarv on a cannabis-fueled culinary journey around the Seattle area. Generally featuring one restaurant per episode, the rapper invites local musicians, producers, and cannabis influencers to come smoke, eat, and chat—all the good things in life. The series mostly focuses its attention on minority-owned foodspots located in Central and South Seattle, like Fat’s Chicken and Waffles in the

CD and Super Six in Columbia City.

“You don’t have to just go downtown to find a restaurant,” he told me when I met up with him at Pagliacci Pizza in Columbia City. “If you’re out and about in South Seattle, if you’re in the Central [District], there are great spots you can eat at.”

Neither a chef nor a cannabis connoisseur by trade, Jarv has been a figure (and a stoner) within the hip-hop scene in Seattle for almost a decade. Growing up on Beacon Hill and in Yesler Terrace, he got his start as a hype man for the group Cloud Nine and a lyricist for electronic hip-hop band Kingdom Crumbs. He’s since put out four records, collaborated on tracks with major-label rappers like Jay Park, and founded Moor Gang, a collective of Seattle



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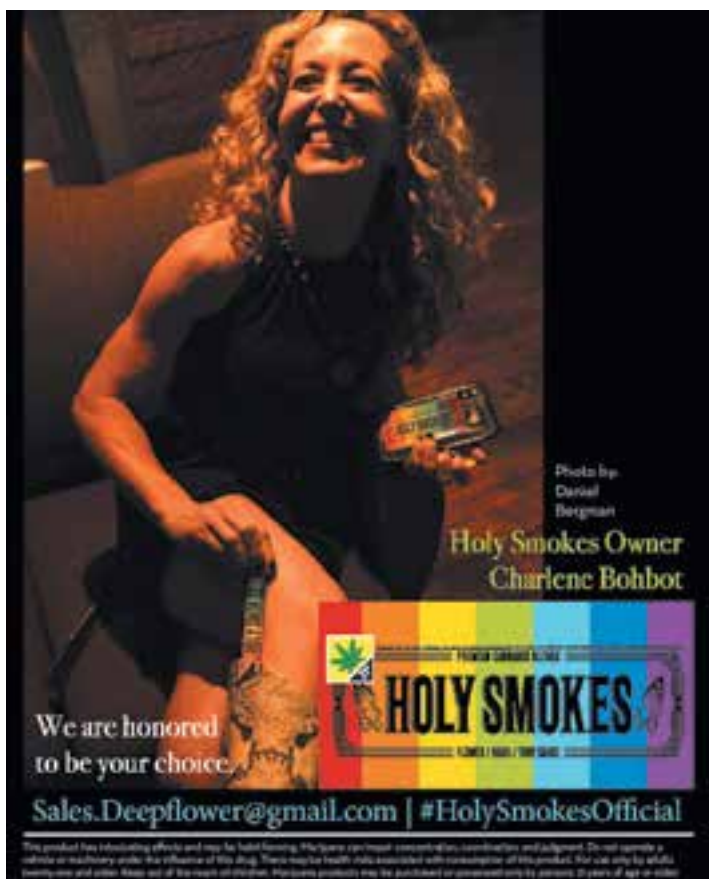
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RAPHAEL GAULTIER

hip-hop artists that includes Gifted Gab and Nacho Picasso.

Though music was always front and center for the rapper, weed—and especially weed and food—has been a constant in his life. To promote the release of his 2016 EP *The Red Eye Jedi*, he held a press stunt/listening party in Cannabus, a 420-hotbox-friendly bus that traveled around the city, ending at local hamburger joint Li'l Woody's. His discography also reflects his love of the little green plant, like "Smoke 2 Much" and "I Just Wanna," which

make appearances throughout the episodes of the web series.

The idea for *B*tch I'm Hungry*

He once held a record listening party in a 420-hotbox-friendly bus to Li'l Woody's.

came in late 2018, during a brainstorming session between Jarv and his fiancée, Casey Carter, a podcast host and KUBE 93.3 radio



RAPHAEL GAULTIER

host who also produces the series. “We were looking for other ways to market Jarv and his personality besides music,” said Casey.

“I mean, it’s two things I like doing anyway,” added Jarv. “I like smoking. I like eating. It was that easy to come up with [*B*tch I’m Hungry*].”

Each episode is generally split into three sections: a beginning where Jarv introduces the show, restaurant, and guests, all while smoking some sponsored weed; a middle that involves a truly insane

amount of eating and talking about life, the music and/or cannabis industry, and pot preferences; and an end where a bleary-eyed Jarv does an outro, finishing the blunt from earlier, all full and stoned. It’s a simple and straightforward 6 to 10 minutes.

You wouldn’t be wrong if you think you’ve heard of this sort of concept before. Viceland had a similar web to television series with a potty-mouthed title, *Fuck, That’s Delicious*, hosted by former chef and rapper Action Bronson.





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Jarv acknowledged that the shows are “similar-ish,” but highlighted that Bronson was drawing on his history as a cook, whereas Jarv wants to bring more attention to “what we do” in the Northwest—which is smoke and eat.

Part of the appeal of the show is Jarv’s connection to the hip-hop scene in the city. His roster of guests in the first season included rapper Dave B. (with whom he ate a truly impressive amount of fried chicken), rapper Jay Park (his most watched episode to date), and the recently relocated Moor Gang affiliate Gifted Gab.

“A lot of those people, I have relationships with them, they’re my friends,” he told me. “Doing music in Seattle, it’s kind of a small circle,

His guests on the show have included rappers Dave B., Jay Park, and Gifted Gab.

so you know who’s who. I’m blessed to know a lot of people. It’s like calling friends up, ‘Hey, man, you want to smoke and eat?’”

The show isn’t a high-stakes round of question and answer, but a chance to see some local musicians open up about their career, life, and relationships over a plate (or five) of local eats. Throughout it all, Jarv is the red-eyed host, his chill demeanor, buoyant laugh, and appetite propelling the conversation forward.

Jarv is naturally gregarious, and although a lot of his random-ness and off-the-cuff humor doesn’t make it to the final cut, his easy-going attitude makes the series an enjoyable stoned watch, full of inspiration for locals on where to eat next.

Though he does want to expand and start going to restaurants in other cities (“I want to be like Anthony Bourdain”), his focus at

the moment is to shine a light on lesser-known restaurants in the Northwest while also popularizing the idea of who smokes weed.

“I want to normalize [cannabis]. And just to show that in the Northwest, we do smoke weed, and we do have people of color that do smoke weed, and we do have nice restaurants from people of color,” he said. “And we’ve just got a lot of variety here.”

Back at Hood Famous, Geo and Jarv dig into the cafe’s recently expanded food and drink menu. The first course—greasy fried chicken skin dipped into spiced vinegar, garlic corn nuts, and tangy glazed cashews—gets washed down with a Toki highball in a tall crystal glass.

Geo talks about his crossover from making music to going into business with his wife and starting their restaurants. He mentions the community support behind Chera’s famous ube cheesecake and what it’s like to be the father of a SoundCloud rapper.

They gobble up the cafe’s version of taho (a sweet Filipino street food made of silken tofu, tapioca balls, rum, and brown sugar syrup), down balut (a traditional Filipino dish consisting of a half-developed duck embryo eaten straight from the shell), and suck on slow-roasted, coffee-rubbed ribs slathered in spicy calamansi kosho paste. They top off the feast with buko (a young coconut custard pie) and puffy ube cookies. During filming, various friends and family of the men roll through, eating leftovers from the shoot.

Jarv sits in front of the camera gobsmacked by the flavors, asking Geo questions as he fastidiously licks his fingers, making sure no one else eats the ribs. By the end, he’s full, but something’s missing. Hey, how about the rest of that blunt? 🌿



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Clutch Life by @chernsicle



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